

**SARDAR PATEL UNIVERSITY**  
**Programme: B.Sc (Home Science)**  
**Semester: I**  
**Syllabus with effect from: June-2011**

**Objectives:**

- To acquire skills of food preparation techniques.
- To use appropriate methods of cooking for preparation of specific food products.
- To assess recipes as good, moderate and poor source of specific nutrients.

**Practical**

<b>Paper Code: UH01CFDN12</b>	<b>Total Credit: 1</b>
<b>Title Of Paper: Introduction to Foods &amp; Nutrition</b>	

	<b>Description in detail</b>	
<b>A</b>	<b>Plan and prepare rich recipes for the following:</b> Carbohydrates Protein Fat Vitamin B <sub>1</sub> Vitamin B <sub>2</sub> Vitamin C Vitamin A Iron Calcium	
<b>B</b>	<b>Preparations of enriched recipes using following methods.</b> Supplementation Fermentation Germination Combination of cereals and pulses.	

